

José R Ruíz Valdés

Nashville, TN 37221 (615) 596-4475/RuizRicardo@protonmail.com

Registered Professional Nurse/ Foreign Medical Graduate

Highly motivated nursing graduate and licensed as RN in the State of New York and Tennessee. Currently enrolled in nursing school to complete RN to BSN; with a verifiable record as Foreign Medical Graduate in General Medicine from Higher University of Medical Sciences Havana City, Cuba at 2009. I finished two and a half years of internship in Brain Surgery Adult Program in University Medical Center of Caracas, Caracas Venezuela in 2013 under the professional exchange agreement between Cuba and Venezuela. Recognized as a result-oriented and solution-focused team player.

Skills

- Emergency procedures
- Tracheostomy & Ventilator Patient Care experience
- Physical assessments
- General surgical skills
- Patient management
- First Aid/CPR/ACLS
- Medication administration
- Direct patient care

Professional Skills

Preventive Health

- Experienced with managing over 10 at-risk senior patients
- Trained to administer immunizations and insert IVs
- Skilled at providing general and neurological health examinations

Patient Care

- Experience in caring for children and elderly
- Health screening for patients of all ages
- Extensive experience with providing patient consultations
- Competency in surgical procedure development

Administrative

- Dedicated to patient privacy and medical record keeping
- Experienced in intake and discharge procedures

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- Highly organized with the ability to maintain and schedule appointments using Microsoft 365 Office programs
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Professional Experience

March 2022 to the present

Foreign medical /Travel Float Pool Nurse: Telemetry/Covid 19 Step down unit/Medical Surgical/ Neurology ICU/step down unit.

Ascension Saint Thomas Hospital Midtown Nashville, TN

Provides for patient needs as recognized through use of the nursing process (assessment, planning, implementation, evaluation). Organization and supervision of care provided by supportive personnel. Including patients and significant others (SO)/families in developing an individualized plan of care. Education of patients/SO/families to their disease process and plan of care. Serves as patient advocate and responsible for providing care to patients requiring treatment of any medical, surgical, or other condition, including acute-chronic medical and minor injuries or illnesses.

November 2021 to March 2022

Foreign medical /Travel Float Pool Nurse: Telemetry/Covid 19 Step down unit/Medical Surgical/ ICU.

Johnson Center-Johnson City Medical City, TN

Monitoring patients for signs of life-threatening complications, managing patients and assisting physicians with ventilators, tracheotomies, arterial lines, IVs, central lines, IV pumps, syringe pumps, PD catheters, Foley catheters, G-tubes, NG-tubes, EKG monitoring, post-op care, providing care for 2-5 patients ranging from young adult to geriatric, responding to code blue and rapid response alerts, titration of critical drips, and acting as advocate for patients and as a liaison between patient, family and the healthcare team.

Foreign Medical/RN/Assistant Director of Nursing

July 2021 to October 2021 Creekside Health and Rehab Center – Madison, TN/Trevecca Center for Rehabilitation and Healing

Formulated care plans for patients who include management plans, educational plans and prescription orders. Assure proper medications for each resident. Keep Administer

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medicines, oversee treatments and ensure compliance with prescribed therapies as well as communication with pharmacy to accurate, detailed records of treatments and medications with “integra” and “covermymed”. Assess in budget preparation and expense management, conducting patient rounds and addressing complaints and ensuring compliance with state, federal, and local standards. Oversee routine patient care by certified nursing assistants, RN and other support personnel while coordinating with physicians and other health care team members. Monitoring and performance wound and/or ostomy care, catheter care, enteral tube feeding. Passing meds through Peripheral line, and do lab draws (off central lines and peripheral sticks). Perform physical examination and diagnostic tests, tracheostomy care, measuring lung capacity and blood acidity and alkalinity. Treat patients using oxygen or oxygen mixtures, aerosol medications and chest physiotherapy. Connect patients who can't breathe to a ventilator.

Foreign Medical Graduate/Medical Assistant

September 2019 to November 2020

Starling Primary Care/Tri-Star Centennial Medical Center, HCA Healthcare – Nashville, TN

Managed front desk, check in and checkout of patients. Coordinated smooth and effective communication among physicians, patients, families and staff. Organized charts and performed small procedures like injections, street testing, influenza/COVID-19 tests, pregnancy tests, spirometry testing, visual accuracy, and ECGs, In addition, performed other responsibilities in wound care, phlebotomy procedures, and teaching plans.

Foreign Medical Graduate/Laboratory Research Assistant II

October 2017 to December 2018

Vanderbilt University: Robinson Research Building – Nashville, TN

Maintained and established tissue culture cell lines. Identified cell changes under the microscope and determined cell counts on hemocytometers and coulter counters with 96% accuracy. Performed genotyping of mice in two cohorts (45 cages each). Isolated, purified, and analyzed RNA, DNA, and protein using ECL staining and gel electrophoresis autoradiography.

Foreign Medical Graduate/Telemetry Nursing Assistant

September 2013 to August 2016

Methodist Hospital Texsan – San Antonio, TX

Assisted patients with healing and recovery after surgery. Provided adjunct care by administering enemas, douches, non-sterile dressings, surgical preps, ice pack, heat treatments, and applying restraint. Assisted with serving meals, feeding patients as necessary, ambulating, turning patients, and positioning patients. Maintained patient

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stability by checking vital signs and weight, testing urine, recording intake and output information and electrocardiographic monitoring. Provided behavioral/emotional support and supervision for those with senile dementia and Alzheimer.

M. D. Medicine/Graduated with Honors

June 2009 to March 2013

General Medicine from Higher University of Medical Sciences Havana City, Cuba

Social Service year spent on Research “Traumatology” in Hospital: General Calixto García. Internship: Brain Surgery Adult Program at University Medical Center of Caracas, Caracas Venezuela. As a junior resident, I spent a minimum of six months of structured education in surgery that includes multisystem trauma, plastic surgery/burn care, intensive care, and vascular surgery. In addition, I completed clinical rotations in the following specialties: emergency medicine, medical/cardiac intensive care, and anesthesiology. I was responsible for writing a detailed history and physical examination on all patients admitted to the ward and the ICU as directed by the chief or senior resident. Formulated care plans for patients who included management plans, educational plans and prescription orders. Communicated patient workup and medical history in a clear and cogent manner, showing understanding of the underlying disease, diagnosis, differential diagnosis, care plan, and ultimate implications of the diagnosis. I demonstrated the ability to appropriately triage and perform urgent tasks by creating admission notes and orders within six hours of admission including plan care and education plans for every patient admitted. In addition, I performed other responsibilities such as: taking care of wounds and drainage, evaluating chest drainage unit functioning, assisting with tracheostomy procedures and PICC line insertion, maintaining appropriate laboratory data, and appropriately in the patient notes for morning and evening rounds. I completed two and a half out of a total of 4 years.

Education and Training

AACN Covid-19 pulmonary, ARDS, and ventilator resources	10/2021
B.S. Nursing Currently enrolled online to get a “Bachelor of Science in Nursing”	2021
ACLS AHA	08/2021
Covid-19 Ventilator Re skilling Course AHA	08/2021
NIH Stroke Scale AHA–Test Group A (6 months of interval)	07/2021
Registered Professional Nurse	05/2021
BLS/CPR - American Heart Association	2020-2022

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A.S. Nursing - EDP University of PR **2019-2020**

USMLE Step 1 Score Report: Pass (Currently not doing any USMLE Steps) **05/2016**

Certified Medical Assistant - SSF Miami, FL **2014-2021**

State Certified Nursing Assistant - Texas Covenant Education, San Antonio, TX **2013**

Internship in Brain Surgery Adult Program **2010-2013**
University Medical Center of Caracas, Caracas Venezuela
Years completed two and a half out of a total of 4 years.

M. D. Medicine, **2009**

Foreign Medical Graduate in General Medicine from Higher University of Medical Sciences Havana City, Cuba
Graduated with honors

Social Service year spent on Research "Traumatology" in Hospital: General Calixto García